Ottawa metro

Your essential daily news | TUESDAY, SEPTEMBER 20, 2016

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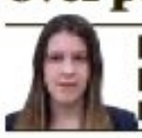
ISTOCK

Hey feds, see you in court

PHOENIX

Ex-public servant sues over pay debacle



Haley Ritchie
Metro | Ottawa

Former public servant Darrel Delisle is the first person to sue the federal government over the troubled Phoenix pay system, which has left thousands of people waiting for their paycheques.

Delisle filed his case in small claims court on July 14.

In the documents filed as part of the lawsuit, Delisle explains he was a casual contractor for Global Affairs starting in March 2016. After three months of not being paid, Delisle quit prematurely to find paying work.

In total he is asking for $24,000 — which includes his $11,400 owed pay, as well as remuneration for child-care expenses, vehicle parking and jobs he turned down while employed but not paid.

"I am now experiencing financial hardship and personal difficulties due to non payment," Delisle says in the document. "My request for damages also includes the real possibility that this will have a negative effect on future employment opportunities with the Government of Canada and Global Affairs Canada."

Delisle claims he placed over 635 calls to the pay centre in Miramichi trying to get answers about paycheques that never materialized.

In their defence filed Aug. 15, the Attorney General of Canada disagreed that Delisle is owed money. Instead, the government claims that he owes them $14,691 because the Phoenix system accidentally overpaid him in July.

Responding to the additional damages, the government claims Delisle is being "excessive" and notes that he was given $5,336 in emergency pay.

The case is set to go to a settlement conference in October.

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Your essential daily news

Tragically Hip tour raises more than $1M for brain cancer research in Canada.

Chateau adviser expects thorough review process

NCC

Plans would add limestone, glass section on north side

Emma Jackson
Metro | Ottawa

The Chateau Laurier's heritage adviser says there's no question a controversial expansion will face "rigorous" scrutiny at the hands of the National Capital Commission and the city.

Architect Mark Thompson Brandt was responding to fellow architect Barry Padolsky's suggestion that the hotel's owners should let the federal government's internal heritage office take a look at the plans, as well.

Padolsky argued that since the Chateau Laurier has the "privilege" of being the only privately-owned piece of property in the parliamentary district north of Wellington, its owners have a responsibility to make sure the feds are on board with the expansion.

"This is something they should consider in order to get the best advice from authorities," Padolsky told Metro. "Because they have such a responsibility, given where they are, they should voluntarily bind themselves to that."

Brandt said that's a decision the owners will have to make, but he doubted the Parks Canada office, which doesn't have the authority to approve or deny projects, could add much to the NCC's already scrupulous review process that will consider urban design and impacts on viewpoints, lighting and the cultural landscape.

"That's where they really excel," Brandt said. "We're talking serious, serious expertise and they're not shy to say this is bunk."

The NCC took 13 months to approve the National Arts Centre's face lift and it successfully whittled down the controversial Victims of Communism memorial to a smaller scale after voracious public outcry last year.

The Chateau Laurier revealed plans last week to add a contemporary glass and limestone addition to the north side of the building beside Major's Hill Park, where the parking garage currently sits.

Lead architect Peter Clewes said at the unveiling that the addition should be "of its time" and complement the national historic site rather than copy it.

Public response was lukewarm at best, and even the mayor wasn't sold on it. The hotel's owners promised to hold public consultations later this fall.

Brandt noted the design is far from a done deal.

"Mayor Jim Watson said 'back to the drawing board,' but what he didn't take into account is they're still at the drawing board," Brandt said. "They are continuing to evolve the design. There will be changes."

The Chateau Laurier revealed plans last week to add a contemporary glass and limestone addition to the north side of the building beside Major's Hill Park, where the parking garage currently sits. COURTESY CHATEAU LAURIER

> **This is something they should consider in order to get the best advice from authorities.** Barry Padolsky

POLITICS

Private members' bill seeks lawyer referral fee ban

Turn on a radio or TV or watch a bus drive by and it likely won't take long to spot an advertisement for personal injury lawyers, as the once largely American phenomenon increasingly pops up in Ontario.

A private members' bill from former Progressive Conservative leader Tim Hudak aims to curtail what he calls some of their "less ethical" tactics. Hudak resigned as an MPP last week, but the protection for motor vehicle accident victims bill is one of three he left behind that he is hoping another Tory or even the government will carry forward.

Though Hudak's bill itself may be a long shot, he has tapped into an issue that is of timely interest to the legal community.

The Law Society of Upper Canada, which regulates Ontario lawyers, has been studying the increasing amount of legal advertising and found that some lawyers and firms were advertising mainly for the purpose of referrals.

"These firms engage in mass advertising campaigns both in order to take on certain cases internally, and in order to earn revenue by referring certain cases out to selected licensees for a referral fee," the law society wrote in an interim report.

"Referrals to the highest bidder might not be based on the competency of counsel, or made to counsel with requisite expertise."

Hudak's bill would ban referral fees in auto insurance cases except on the successful completion of the claim. The law society could come to that same conclusion at the end of its review, said Malcolm Mercer, the head of the working group.

The Ontario Trial Lawyers Association has told the law society it doesn't support lawyers advertising when they have no intention of taking on the case, said president Adam Wagman.

But some of Hudak's bill is "simplistic and frankly misinformed," he said. THE CANADIAN PRESS

COMMUNITY

Bonding over food trucks

Nothing brings people together like food, and the Chapel Hill North Community Association will be hosting the Forest Valley Food Truck Rally on Oct. 1.

"Everyone loves food trucks, and we just thought it would be a great way to get people together and enjoy some gourmet food," said community association president Katie Morissette.

The rally will be held from 11 a.m. to 6 p.m. at the Chapel Hill Park at 1550 Forest Valley Dr., and include more than just food.

Music, activities and prizes will accompany Angry Dragonz, Bytown Bayou, Lunchbox, Poutine Parlour, Rico Peru, Sula Wok and Cakes for 2 at the event.

Food trucks are trendy right now, and rallies in other parts of the city have been successful, so it was time to bring one to the neighbourhood, Morissette said.

"It's always been something fun that I've enjoyed, and now food truck rallies are becoming more popular," she said.

The food truck rally is one of the first large events for the community association.

"I think a lot of people know each other in the community, but we haven't really had an opportunity to come together in one spot," Morissette said. "I think it'll be good for new families."

Attendees are asked to bring a non-perishable food item to donate to the Gloucester Emergency Food Cupboard, as well as any clean plastic tubs with matching lids, such as yogurt containers. As well, 10 per cent of all proceeds from food sales will be donated to the food cupboard.

Items in high demand are posted on the Forest Valley Food Truck Rally Facebook event page, where attendees can also RSVP.

BRIER DODGE/METROLAND MEDIA

CLARIFICATION

In yesterday's story about the downtown truck tunnel study, we reported that Jean-Pierre Petit came up with a design for on and off ramps directly connecting the tunnel to the 417.

In fact, another resident came up with the suggestion. Petit only presented it at a meeting.

Much to-do about nothing

ANXIETY

Mental-health expert insists lists can turn big issues small

Evelyn Harford
For Metro | Ottawa

To-do lists — we all make them. Whether they're scribbled on a dirty napkin or typed feverishly into your scheduling app, they help make life a bit more manageable. But one Ottawa-based therapist wants to turn these mundane lists into a tool of self-discovery and anxiety management.

Sofia Lopoukhine, a mental-health counsellor and therapist at the Ottawa Holistic Wellness Centre, is passionate about to-do lists. She hosted her first hour-long workshop on to-do lists to teach people how to turn stress and anxiety into a place of discovery on Monday night.

With summer safely in the rear-view mirror, people are back to work and school from summer vacation and the to-dos are piling up.

Lopoukhine said people should make a practice of writing to-do lists, even if it's brought on by a bout of panic at 3 a.m. It's important to ensure you're checking in with yourself about day-to-day tasks but it's also about self-care.

She said in the midst of mayhem, people shouldn't forget to schedule time with themselves — even if it's just reading your favourite book for half an hour.

"It's about making the to-do list something bigger," she said.

Sofia Lopoukhine's first to-do list seminar Monday was a success. EVELYN HARFORD/FOR METRO

"They're a very clear manifestation of what we have to do. It's the day-to-day life that we sometimes resent but it's also the stuff that makes up our life," she added.

"I just thought (the workshop) would be a useful way to relate to something everyone experiences and invite people to reflect on the mundane activity that holds a bigger wisdom for us."

> **Shifting perspective from chores to choice is a proven factor in happiness.** Sofia Lopoukhine

The main takeaway from Lopoukhine's to-do tips is to create choices rather than chores through your list.

Rather than seeing each item as something you have to do for no reason, you need to see it as part of your "greater purpose." Associating activities such as grocery shopping with a bigger lifestyle goal can help give reason and choice to these tasks.

"Shifting perspective from chores to choice is a proven factor in happiness," said Lopoukhine.

The path to good mental health

Sofia Lopoukhine's step-by-step tips to making a perfect to-do list.

1. Write a list of all your tasks.
2. Review. Look at your list and break it down further if it's still daunting and/or you still feel anxious.
3. Association. Next to each of the tasks listed, write a word that you associate with the greater purpose for why you need or want to complete a task. (e.g., grocery shopping = living a healthy lifestyle)
4. Schedule. Put all your tasks into a calendar so that you can complete them all.
5. Reflect. Did I schedule time for self-care? Are my tasks reflecting the way I want to live?

Kids festival targets barriers

COMMUNITY

Event hoping to reduce fear in wake of Abdi's death

Alta Vista resident Lindsey Barr and Peter Stockdale, president of the Fairlea Community Association, are organizing the inaugural Kids Love Peace Festival in the Heatherington and Fairlea communities to create community connections, dispel fear and break down barriers. ERIN MCCRACKEN/METROLAND MEDIA

Kids are the key to positive change.

For that reason they will be the focus of the new two-day Kids Love Peace Festival, designed to foster peace and strengthen community connections in Fairlea and Heatherington.

"I'm trying to build the community and lower the barriers between people," said Peter Stockdale, co-founder and co-organizer of the decade-old Ottawa Peace Festival, which now includes the Kids Love Peace Festival.

A strong children's component had been missing from the 2015 lineup of the Ottawa Peace Festival. This year's festival is being held at numerous locales from Wednesday to Oct. 2.

"We had lost that connection with children," said Stockdale, who is also president of the Fairlea Community Association.

The upcoming free children's event, which takes place in Heatherington Park on Saturday and in Fairlea Park on Sunday, is also a response to the death of Abdirahman Abdi, a 36-year-old Somali-Canadian who died following an altercation with Ottawa police on July 24 in Hintonburg.

"We were seeing the barriers increasing and this was a way to find an opportunity to have communication, to have less fear and for the kids to lead that feeling," Stockdale said.

The reaction in his Fairlea neighbourhood to Abdi's death was strong among various cultural groups, not only among Somali-Canadians. Many expressed feeling agitated, nervous, uncertain and fearful, particularly about police, said Stockdale.

"There was a strong feeling that something had to be done, that it couldn't be left," he said. "We hope that we'll be saying something useful for Hintonburg because obviously the barriers are increasing there."

The goal of the children's festival, which will feature a variety of activities both days ranging from yoga and group art projects to puppetry, singing and music, is to build bridges between cultures and celebrate diversity.

"Then hopefully what you don't fear, you won't learn to hate as you get older," said Alta Vista resident Lindsey Barr, who is co-organizing the kids festival with Stockdale.

Somali-Canadian students from nearby Ridgemont High School have also been invited to volunteer during the festivities. Ottawa police officers will be volunteering their time during the festival in Heatherington.

The hope is that more people will come forward to get involved in the events and offer more interactive activities, such as a baseball clinic. And everyone from across the city is invited to enjoy the two-day event.

"We want our children to be exposed to more," said Barr, founder of World-Changing Kids, a company she established to organize positive family-friendly events and foster a stronger sense of community. "And I found that families desperately want to help and get involved but they don't always know where to start."

Anyone interested in volunteering their time or for more details, email worldchangingkids@gmail.com, or call 613-619-1907. For a full schedule of all Ottawa Peace Festival events, visit ottawapeacefestival.blogspot.ca.

ERIN MCCRACKEN/METROLAND MEDIA

ACTIVITIES

Day 1: Saturday, 12-4 p.m., Heatherington Park, 1560 Heatherington Rd.

- The Ottawa police will offer fingerprinting kits, temporary tattoos, drink coupons and there will be a police cruiser for the kids to check out.
- There will be a friendship bracelet station, repurposed crafts, a group art project, live music and a shake-it-off dance will be taught and performed.
- Cat mascot Miss Kitty will be interacting with everyone, and there will be a book reading and yoga for everyone, as well as sidewalk chalk art and a gratitude tree.

Day 2: Sept. 25, 12-4 p.m., Fairlea Park, 2969 Fairlea Cres.

- A life coach, author and energy healer will speak about living from the inside out, there will be a crafts corner for kids, yoga for everyone and creative dancing.
- The Fairlea Community Association will have a table where residents can provide feedback and ideas on their vision for neighbourhood improvements.
- There will also be a maker junior activity session during which kids can make musical instruments they can take home.

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As of Sept. 30, it's legal to be a rideshare driver in Ottawa, but the new bylaw won't protect Uber drivers here in the event of an accident causing personal injury. AFP/GETTY IMAGES

Uber drivers beware

INSURANCE

Make sure you are covered for accidents,warn injury lawyers

Evelyn Harford
For Metro | Ottawa

Uber will be legal in Ottawa at the end of the month, but personal injury lawyers warn that some insurance available for the ridesharing drivers is tricky.

Ottawa city councillors voted to legalize Uber under a new licensing category in April. The new category will require drivers, among other things, to have minimum insurance coverage — a minimum $5 million commercial liability and $2 million general liability insurance.

And as long as a ridesharing driver complies with the insurance the city is asking for, as well as other requirements such as background check, they can drive for Uber once the bylaw comes into effect Sept. 30, said Anthony Di Monte, the city's general manager of emergency and protective services.

But he said it's up to individual drivers, and Uber, to ensure that they're covered in the event of an accident.

"Understand your policy," said Jaime Wilson, a personal injury lawyer at McNally Gervan Lawyers. "If there is an accident and you're not properly insured there can be ramifications that can affect you."

Only two insurance companies have been approved by the (FSCO) Financial Services Commission of Ontario to offer insurance policies specifically for ridesharing drivers.

One policy, offered through Aviva Canada, is added to a driver's existing car insurance policy but limits them to 20 hours of rideshare driving per week; FSCO said this policy was intended for part-time drivers.

The second, approved by the FSCO this July, is offered through Intact in partnership with Uber and covers the driver from the moment their app is turned on until the moment the passengers exits the vehicle, with no limitation on hours of driving. Intact said Uber drivers are automatically covered when operating the apps.

However, FSCO warns that drivers must tell their insurance brokers or insurance company they're carrying passengers for the purpose of ridesharing because they said, "insurers are not required to (insure) ridesharing activities and may cancel or not agree to renew a policy whether or not they're informed."

You may think you're covered until you're not.

Coun. Scott Moffatt said would-be drivers need to be aware of what coverage they have, because like anybody who gets in an accident without proper coverage, "You'll be screwed."

> **If there is an accident and you're not properly insured there can be ramifications.** Jaime Wilson

INVESTIGATION

Body found at Bordeleau Park

Haley Ritchie
Metro | Ottawa

Police have confirmed that a woman's body was found Monday morning on the shore of the Rideau River near the intersection of Rose Street and Cathcart Street.

The discovery was made by a person working to clean up the park at 8:50 a.m.

A section of the waterfront in Bordeleau Park is now taped off. Police have called in the marine and dive team to remove the submerged body from the water.

Police at the park after a body was found. HALEY RITCHIE / METRO

A rolled-up sleeping bag and pillow were found by police slightly further upshore from the body. The additional area has been taped off..

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SMALL BUSINESS

More women joining growing ranks of entrepreneurs: Report

A new report suggests women are joining the growing ranks of Ontario's entrepreneurs in increasing numbers, outpacing the rest of the country.

The Ontario edition of the Global 2015 Entrepreneurship Monitor (GEM) found that 14.4 per cent of Ontario respondents were involved in setting up a business, putting it ahead of larger economies like the U.S. and Australia.

For every 100 male entrepreneurs in the province, the survey suggested that there are 92 female counterparts.

This number put Ontario ahead of Canada and many of the other 62 economies included in the global survey.

But the study, conducted by the Ryerson University's Brookfield Institute for Innovation & Entrepreneurship — also indicated that women in Ontario are dogged by stronger fear of failure than their peers elsewhere in the world.

It found 52.4 per cent of female respondents in Ontario said fear of failure would prevent them from starting their own business, well above the 40.7 per cent of male respondents in the province and 47 per cent of female in the rest of Canada.

Victoria Lennox, CEO of Startup Canada, said women entrepreneurs face a variety of obstacles when trying to start their own businesses, from access to funding to access to networks and understanding.

> **I really wanted to bring women into startup culture and to bring what is unique about them to enrich the culture.**
>
> Victoria Lennox

The organization's slogan is "entrepreneurship empowers everyone" and their efforts to support women in business include two dedicated investments funds, networking events and mentorship.

"Those are critical," said Lennox. "I really wanted to bring women into startup culture and to bring what is unique about them to enrich the culture. We found we needed to be really proactive – one of the things women were calling for is funding and more opportunities to connect with women entrepreneurs."

"We need to continue to raise awareness of the challenges women face in an ecosystem like this and we need to continue to push together to make sure our support in the capital is helping to boost them," said Lennox.

Study co-author Charles Davis, an associate dean at Ryerson University's Faculty of Communication and Design, said attitudes among survey respondents indicated that Ontarians felt they worked in a province that was conducive to launching a business and that they themselves had the skills to get the project off the ground. Their optimism, however, only extended so far.

People don't believe that it's possible to grow firms big in Ontario," Davis said in a telephone interview. "They believe that it's possible to grow a sustainable, profitable firm, but they don't have big ambitions."

THE CANADIAN PRESS
- WITH FILES FROM HALEY RITCHIE/METRO

Gabriel Bastien demonstrates his moves with the bo staff. The eight-year-old will compete at the Unified World Championships in Italy next month. JESSICA CUNHA/METROLAND MEDIA

Karate kid makes Team Canada

MARTIAL ARTS

Eight-year-old boy to go for gold in Italy next month

Eight-year-old Gabriel Bastien's movements are so quick, snapshots are just a blur of movement as he demonstrates his karate moves in his family's living room in Bridlewood.

Watching the fast and fancy footwork, the co-ordinated and practised hand movements that send a bo staff, a martial arts weapon, exactly where he wants it is mesmerizing.

Taking lessons since he was three years old, Gabriel is quick, agile and well placed to compete as a member of Team Canada at the Unified World Championships in Italy next month. He will take part in eight divisions in the under-nine category.

"I was really happy and excited," said Gabriel about learning he had a spot on the team. "I'm trying to get the gold medal, the championship."

He had no idea he was in the running to compete in the world championship, which runs from Oct. 25 to 30. The selection process is based on a competitor's results in a number of tournaments.

"It was more just a surprise, I didn't even know about this," said Gabriel. "My coach, who's the president of WKA (World Kickboxing and Karate Association) Canada … he gave me an envelope saying you're on the team for the Team Canada WKA Championship. I was really happy and excited."

Currently, he's the North American Sport Karate Association national champion in the eight-to-nine year-old division.

To practise for the world championships, Gabriel, who is at the brown belt level, is competing against older black belts — and he's winning. Over the Sept. 10-11 weekend, he placed second in a tournament in Kansas City in a U13 black belt competition.

"It was my first time doing black belt," said the John Young Elementary Grade 3 student. "I was really happy when I got that second (place) and also beating the other people that I wouldn't think I'd beat."

He has three coaches from Kansas in the U.S. who he video chats with for regular training, and practises at the Endeavour Martial Arts academy in Bells Corners which recently moved from the Kanata Recreation Complex.

He's also the first non-black belt to get sponsorship with the National Martial Arts Circuit for team MMAC, said his mother, Stephanie.

"It's pretty crazy, we put him in karate to learn how to do push ups and how to do jumping jacks," she said. "Now its turned into this, but he's happy. He loves it."

The family travels often for training or to compete in out-of-province and U.S. tournaments. Gabriel trains six days a week for about two hours a day, and thumps and bangs can often be heard throughout the house as he practices on his own.

"It's fun to go against different people I haven't seen before," said Gabriel. "It makes me better."

The family — including his father James, grandmother Bonnie Green, of Renfrew, and great-aunt Nancy Sheedy will all travel to Carrara, Italy, to cheer on Gabriel. JESSICA CUNHA/METROLAND MEDIA

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Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

We must do more: PM

UNITED NATIONS

Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city added new fuel to a combustible U.S. election debate on Muslim migration.

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

INQUIRIES

At least 13 countries have made inquiries about Canada's private refugee-sponsoring system in the hope of potentially emulating it, immigration minister John McCallum said during a conference on the migration crisis.

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional $64.5 million over the next several years to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps ... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau.

THE CANADIAN PRESS

IN BRIEF

Ex-StatsCan chief questions promise of more independence

The country's former chief statistician is casting doubt on the Liberal government's promised commitments to Statistics Canada based on its handling of an issue that forced his sudden departure last week. Wayne Smith quit Friday after losing a battle over Statistics Canada's involvement in a five-year-old central IT department, Shared Services Canada. Smith told Justin Trudeau he would resign if the issue wasn't resolved to his liking.

THE CANADIAN PRESS

MIGRANT WORKERS

Report urges overhaul of foreign worker program

Luke Simcoe
Metro | Toronto

A parliamentary committee is recommending a series of sweeping changes to Canada's temporary foreign worker program.

The program, which allows employers to hire foreign nationals to fill temporary labour shortages, came under scrutiny in 2013 when the CBC reported a number of companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

In response to the backlash, the federal government clamped down on the TFW program, limiting the number of foreign workers a company can hire and increasing oversight to prevent workers from being abused.

The restrictions led to a sharp decline in the number of temporary foreign workers entering Canada.

"We went from one end of the spectrum, where everyone was let in, to the other end of the spectrum where hardly anybody was let in," Immigration Minister John McCallum said in August.

Now, a parliamentary committee is recommending relaxing the rules imposed on the TFW program by the previous Conservative government.

The report, released Monday, suggests raising the cap on the number of foreign workers a business can employ from 10 per cent to 20 per cent. It also recommends restructuring the program to accommodate the needs of different businesses.

However, the same report calls on the government to better channel foreign workers into permanent residency. It also notes "migrant workers continue to suffer from labour standards violations at the hands of their recruiters and employers."

The Coalition for Migrant Worker Rights Canada praised the government for acknowledging the TFW program needs reform, but called the report "vague." The group called for legislation making it easier for foreign workers to become residents.

Suspect captured in gun battle

NEW YORK

Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hoodied vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, New Jersey, underwent surgery for a gunshot wound to the leg as authorities began drawing up charges in a case that spread fear across the New York area and revived anxiety about homegrown terrorism.

Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. Rahami was wanted for questioning in the bombings that rocked the Chelsea neighborhood of New York and the New Jersey shore town of Seaside Park. BOSTON HERALD/THE ASSOCIATED PRESS

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, officials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

Still, after a whirlwind investigation that put Rahami in custody in just two days' time, The probe started when a pipe bomb blew up Saturday morning in Seaside Park, New Jersey, before a charity race to benefit Marines. No one was injured.

Then a shrapnel-packed pressure-cooker bomb similar to those used in the Boston Marathon attack exploded Saturday night in New York's Chelsea section, wounding 29 people. An unexploded pressure-cooker bomb was found blocks away.

Late Sunday night, five explosive devices were discovered in a trash can at an Elizabeth train station. Investigators said they are still gathering evidence and have not publicly tied Rahami to those devices.

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on $5.2 million bail. Federal prosecutors said they were still weighing charges over the bombings.

Rahami lived with his family above their fried-chicken restaurant in Elizabeth, and his relatives have clashed with the city over closing times and noise complaints they said were tinged with anti-Muslim sentiment.

Authorities zeroed in on him as the potential bomber after a fingerprint and DNA lifted from one of the New York sites and "clear as day" surveillance video from the bombing scene helped identify him, according to three law enforcement who spoke on condition of anonymity because they were not authorized to discuss the case.

THE ASSOCIATED PRESS

IN BRIEF

Man jailed for attacking woman in shorts

Turkey's state-run news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. Anadolu Agency says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked uproar on social media and protests.

THE ASSOCIATED PRESS

Two-faced calf born

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf. The female calf has two noses, two mouths and four eyes, though the middle two eyes don't function.

THE ASSOCIATED PRESS

DECLARATION

World leaders at UN approve plan for refugee, migrant crisis

With more people forced to flee their homes than at any time since World War II, global leaders on Monday approved a declaration aimed at providing a more co-ordinated and humane response to the refugee crisis.

The issue of what to do about the world's 65.3 million displaced people will take centre stage at the General Assembly with leaders from the United Nations' 193-member states converging on New York for the first-ever summit on Addressing Large Movements of Refugees and Migrants.

"Today's summit represents a breakthrough in our collective efforts to address the challenges of human mobility," said Secretary-General Ban Ki-moon, calling on leaders to commit to "upholding the rights and dignity of everyone forced by circumstance to flee their homes in search of a better life."

The New York Declaration for Refugees and Migrants contains no concrete commitments and is not legally binding but rather calls on countries to protect refugees' human rights, boost humanitarian aid and increase resettlement of refugees.

The declaration seeks to standardize responses to refugee situations and provide better education and jobs to refugees. It also encourages resettlement and includes plans for a campaign to combat xenophobia.

A number of countries rejected an earlier draft of the agreement that called on nations to resettle 10 per cent of the refugee population each year, something that has led several human rights groups to criticize the document as a missed opportunity.

THE ASSOCIATED PRESS

U.K. retirees push Canada

FOREIGN PENSIONS

Brexit talks offer hope to fix frozen payments

Anne Puckridge has two medals, earned during her service to Britain in the Second World War. The 91-year-old jokes that she is still fighting — except now it is against the British government.

Puckridge is one of about 150,000 British retirees who don't receive annual increases in their U.K. pension payments because they live in Canada.

Successive British governments have refused to index their pensions to keep pace with the cost of living, despite decades of diplomatic overtures from Canadian officials.

"I served my country, we all of us, all of us frozen pensioners paid our National Insurance contributions every week on exactly the same term as everyone and we consider it theft," Puckridge said from her Calgary home.

"The government accepted our money for all those years and rather suddenly, reneged on paying out."

Now those pensioners see a glimmer of hope with Brexit.

As Britain negotiates its departure from the European Union, it will have to decide how to deal with the approximately 400,000 U.K. pensioners living in Europe who have received annual increases in their pensions. If the British government decides to upgrade those U.K. pensioners in Europe, it would give those frozen pensioners in Canada and elsewhere a strong argument to pressure the British government to give them annual increases, too.

Those details will be likely be sorted out during exit negotiations with the EU. After that, Britain has signalled its intent to negotiate a free trade deal with Canada.

David Morris, chairman of the Canadian Alliance of British Pensioners said his group wants the Trudeau Liberals to play hardball with Britain in future free trade talks and make indexing their pensions a requirement for a new deal.

THE CANADIAN PRESS

BY THE NUMBERS

A look at foreign pensions inside Canada, and payments abroad.

- **1.24 million:** British pensioners living outside the U.K. and receiving benefits.
- **560,000:** British pensioners living outside the U.K. in countries where their pensions are not indexed.
- **150,000:** The number of those frozen pensioners living in Canada.
- **$865 million:** Approximately how much the increases would cost the British government in Canadian dollars.

Source: Employment and Social Development Canada, U.K. House of Commons Library

British expat and Second World War veteran **Anne Puckridge** wears her medals at her home in Calgary. THE CANADIAN PRESS

PENSION REFORMS

Feds see economy slowing

The federal government expects the proposed expansion of the Canada Pension Plan to curb economic and employment growth slightly in the short term before boosting both of them in the long run.

Ottawa reached a tentative agreement with provincial governments in June to eventually increase contributions and retirement benefits through the public plan.

New data released by the Finance Department says CPP changes will have a temporary impact on jobs — lowering current employment-growth projections by up to 0.07 per cent between now and 2025.

The government says the pension changes will trim the forecast for real gross domestic product growth by up to 0.05 per cent over the short term.

But beyond the year 2025, the government predicts the pension changes will result in increased GDP growth of up to 0.09 per cent and a 0.06 per cent increase in employment.

THE CANADIAN PRESS

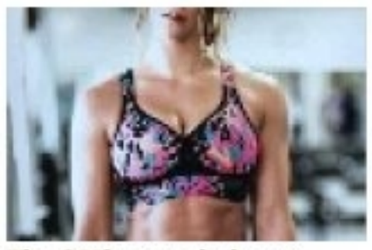
TECHNOLOGY

Sports bra is so smart it measures your heart rate

A Montreal company is entering the competitive sports bra market by launching a smart technology product specifically targeting female runners.

OMbra contains sensors that read biometric signals such as heart rate, movement and breathing rhythms, which are streamed to an app that coaches runners to obtain optimal results.

The bra is a more comfortable and better alternative to watches and wrist bands, says OMsignal CEO and founder Stephane Marceau.



The OMbra tracks heart rate, distance and calories. COURTESY OMSIGNAL

"Your heart and your lungs are not within your wrists, so to get a good signal you've got to be where the action happens, and the bra delivers the absolute most desirable body real estate to read and listen to the body," he said in an interview.

While some companies already sell sports bras that work with heart-rate monitors, OMsignal believes its bra is the first to capture heart, movement and breathing pattern information. Marceau says these three biometric signals are key to running.

Developed after two years of research, the OMbra uses silver-based yarn to measure the performance of the body and transmit data through a black box to an app. The runner can view a detailed analysis after the run, or monitor her form midstream by receiving audio prompts, for example, to slow down to the most productive fat-burning levels.

Marceau said OMsignal will spend the next six months developing its brand but wouldn't rule out eventually partnering with a major name.

The bra, which uses GPS to track movement, is currently only for use outdoors through an iPhone. However, an indoor application is expected in November and an android connection is planned for early 2017.

Online sales began Monday and will be tested at a few Quebec retail stores. The starter kit, which includes the black box technology and a USB cable to charge the device, retails for $189. Additional bras sell for $79. THE CANADIAN PRESS

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DOW JONES: 18,120.17 (–3.63)

metro VIEWS
Your essential daily news
Tuesday, September 20, 2016

METRO POLL

What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

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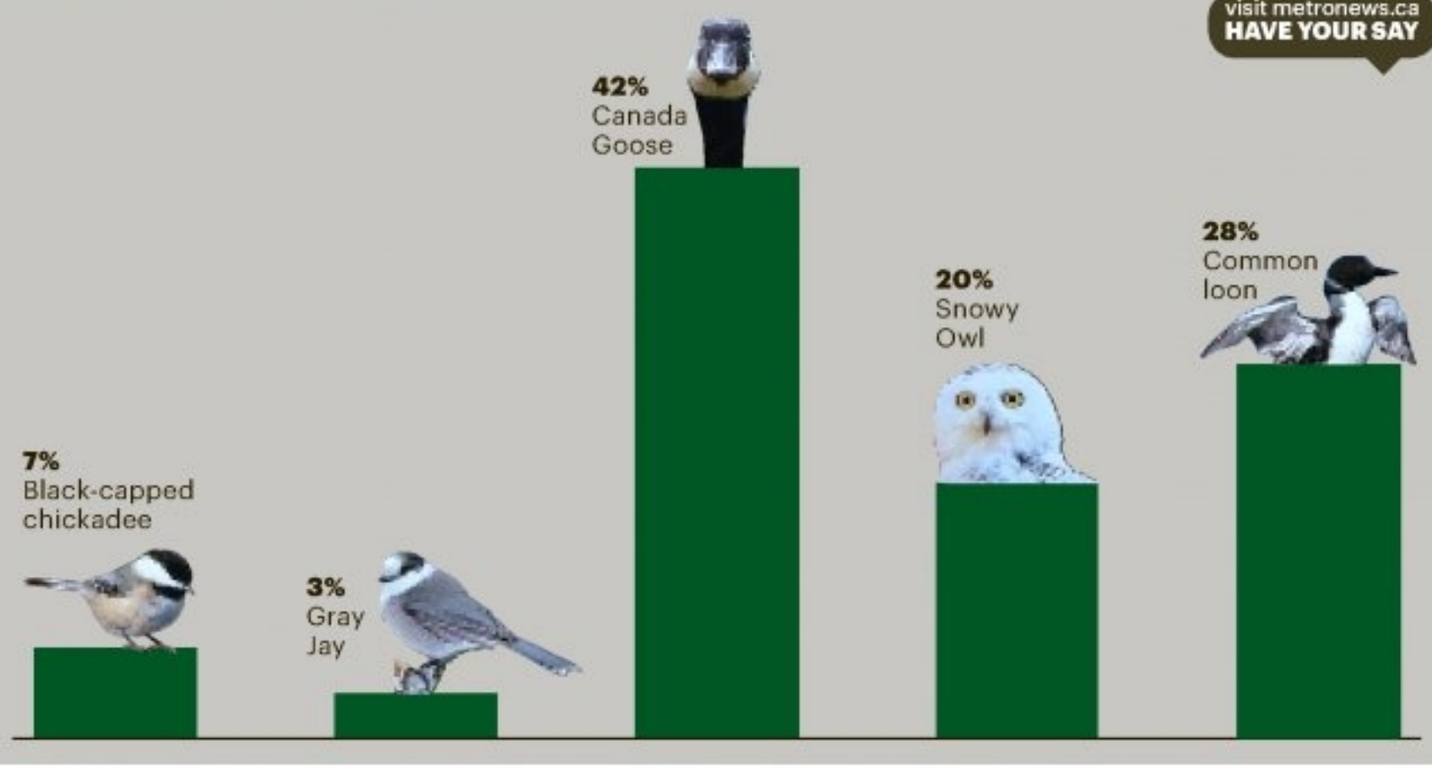

For want of an email, not much was lost

Oh, to have more of such problems.

City staff may have stepped on the toes of councillors in their haste to find a place for huge sacks of infrastructure cash from the feds.

In July, the city got a request for a list of transit-related projects, with $155.9 million in federal money available to cover half of any given job.

As usual, when another government signs the cheques, there were strings attached: policy and political objectives, qualifying criteria and an April 1, 2018 deadline for everything. Oh, and they had three days to come up with their list.

What staff thought was a preliminary back-of-napkin estimate, an "indicative list," in the words of treasurer Marian Simulik, quickly came back for revision and became a "definitive list," a binding napkin. They got it done, but some councillors sniffed that in the midst of this scramble, they had not been asked for their essential input.

"Did it ever occur to you," complained Coun. Diane Deans, "that we all have email, and that you could have at least sent a list and said, 'We have a tight turnaround, we've been given this money, we're compiling a list, is there anything you want us to look at?' Yeah, it's summer, but we're all members of council. We all work all the time even if we're off-site, so why wasn't there any kind of attempt to at least inform council of this happening?"

As had to be repeatedly, patiently, pointed out, all of the projects came from the various priorities, master plans and road maps hashed out over the past few years on council and at committee. And again, the clock was ticking.

Some omissions could be explained, if not excused. Councillors Jeff Leiper and Catherine McKenney brought up the still-neglected Prince of Wales Bridge.

Its conversion to a multi-use pathway, staff said, couldn't be completed by 2018 because of the various studies and other preliminary work required to get it shovel-ready.

(That's right; we couldn't do anything there because we haven't yet done anything there.)

And not everyone quibbled. Capital Coun. David Chernushenko was pleased with what the bureaucrats came up with — and that they didn't have to pester him with email to do it. Politicians can be victims of "vacation shaming" for daring to take a breather from their constituents' demands. Chernushenko was refreshingly unapologetic about his own time off: "News flash: When I am on vacation in summer, you can't reach me. I don't have reception of any kind at my cottage. When I'm on a bike tour, I don't carry any electronics. So some of us approach our vacations that way, and I'm glad to know that when important decisions need to be taken of this kind that it can be done and we don't have to call all of council back."

Was democracy really subverted by the failure to obtain the line-by-line blessing of councillors on projects they'd already approved, or just the odd ego bruised?

Well, at the end of an hour's debate, everyone voted to take the money.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

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metro LIFE
Your essential daily news

Pink tweets support of Corey Feldman after his bizarre dance on the Today Show

LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE

ACETAMINOPHEN

A.K.A.: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
Used for: Pain, fever
Who shouldn't take it? Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.

IBUPROFEN

A.K.A.: Advil, Motrin; many cough, cold and pain remedies
Used for: Pain, inflammation, fever
Who shouldn't take it? Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.

ASPIRIN

A.K.A.: Acetylsalicylic acid, ASA
Used for: Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
Who shouldn't take it? Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.

NAPROXEN

A.K.A.: Aleve
Used for: Pain, muscle and back aches, arthritis
Who shouldn't take it? Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.

ALTERNATIVES

You don't always have to pop a pill to relieve pain. Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.

DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.

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Maslany's win a boon for Canucks

EMMY AWARDS

Orphan Black star puts home talent in the spotlight

Tatiana Maslany. GETTY IMAGES

Tatiana Maslany's Canadian peers are celebrating her Emmy win for Orphan Black, noting it's a victory for the country's acting industry as a whole.

"It's still a rare and huge accomplishment," Republic of Doyle star Allan Hawco said by phone from St. John's on Monday, a day after the Regina native won the Emmy for best actress in a drama.

"I think people in our industry, we can be a bit cynical about awards and we can be dismissive about these kinds of things, but there's no doubt that this is huge.

"They're the capital of the industry in many ways, globally, and those awards are certainly an extremely competitive contest. And for her to just come out victorious, it really reflects the strength of that show, the strength in the writing, the strength in the concept and her performance."

Maslany won for playing multiple clones — all with widely different accents and personalities — on Orphan Black, which airs on Space and BBC America. It was her second time being nominated for an Emmy for the sci-fi thriller, which is set to end after its next season, its fifth.

"It certainly isn't bad for us that one of our own immense talents is taking the world by storm," said Hawco.

"Her work speaks for itself. It truly is a testament to the work that they do on that show and its originality, the concept, the fact that she's a female actor who has full control of it in terms of the characters that are on the series.

"She has a unique opportunity, but she's got the stuff to make it work. It's not something everybody can do, what she's doing on that show."

The 30-year-old had stiff competition in her category: Taraji P. Henson for Empire, Claire Danes for Homeland, Robin Wright for House of Cards, Viola Davis for How to Get Away with Murder, and Keri Russell for The Americans.

"I feel so lucky to be on a show that puts women at the centre," Maslany said on stage, after receiving her trophy from fellow Canadian Kiefer Sutherland.

Twitter is teeming with laudatory messages for Maslany, who was also trending on the social media site on Monday morning.

"I was at a wedding last night so I didn't see the Emmys but YEEEEEEESS @tatianamaslany," posted famed "Hamilton" playwright Lin-Manuel Miranda.

"GAHHH! @tatianamaslany WON AND I'M LIKE," wrote Oscar winner Brie Larson, using crying face emojis to punctuate the tweet.

Maslany's "Orphan Black" castmates, including Jordan Gavaris and Kristian Bruun, were also cheering her on.

"It happened. Finally. So much love for @tatianamaslany. No voice left. Speechless. Tears. Love love love," tweeted Bruun.

"I hope they heard our screams all the way back to Canada," he added.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The Democrat wall that the Emmys built

THE SHOW: The Emmy Awards (CTV/ABC)
THE MOMENT: The political wall

Jill Soloway, winner of outstanding directing for a comedy series for Transparent, accepts her award at the Emmys Sunday. THE ASSOCIATED PRESS

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night. ("The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening.) The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman diversity squad on Orphan Black.

Winning shows were diverse, too: Veep, Game of Thrones and The People vs. O.J. Simpson dominated, but the Emmys made room for everything from Mr. Robot and Bloodline to Key & Peele and Grease Live!

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing. I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along. But to answer Kimmel's question about what "we" would do? The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV BRIEF

Damon Wayans unveils Lethal Weapon TV series

Damon Wayans. THE CANADIAN PRESS

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans.

That slightly cynical but honest answer is to be expected from the former standup comic who created the groundbreaking In Living Color with his brother Keenen.

"It's hard to get attention these days when you're launching a new show. So producers want titles that people are familiar with."

That would include Wayans' latest venture, Lethal Weapon, a TV remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

"With the movie being made into a TV series, that certainly gets your attention, but it still has to be good or no one is going to watch it," says Wayans. It debuts Wednesday at 8 p.m. on City.

TORSTAR NEWS SERVICE

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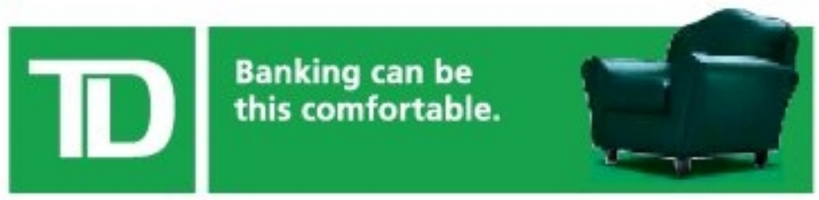


[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro SPORTS

"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

Pestering life out of USA

WORLD CUP OF HOCKEY

Marchand, Canada have chance to stick it to archrivals

Brad Marchand is in a hockey spotlight like never before in his career, and it's a perfect example of Team Canada's "improve every day" catch phrase for this World Cup.

That phrase is also the main focus of the team heading into what is a do-or-die game for Tuesday night's opponent, Team USA.

For Marchand, a career-high 37 goals with Boston last season and the tremendous job he's doing with Bruins teammate Patrice Bergeron on Canada's top line with Sidney Crosby reflect the growth that has been key to Canada's performance in this tournament so far.

"He's never been fun to play against," Canadian defenceman Jay Bouwmeester said of Marchand, as Canada wrapped up Monday's practice.

"Number one, he's just a good player. He may have a reputation of getting under your skin, a (pest), but people then look past how good he is."

Bergeron still has the innate ability to stir things up, especially around the opposition goal, but he's also considered an elite-level player now. The rest of the hockey world is seeing what Bruins fans have known for several years: Marchand has always combined skill and grit. He's just getting better at it. The Nova Scotia native had four 20-goal seasons before last year's breakout.

Now, at the World Cup, he's averaging over 14 minutes of ice time through three exhibition games and the tournament opener. That's over three minutes shy of his career high of 18:36 last season, but he's also playing with the best players in the world and specifically, Sidney Crosby, whose linemates were a question mark entering the tournament.

Coach Mike Babcock saw the potential for chemistry among Marchand, Bergeron and Crosby — after Marchand and Crosby skated together over the summer, and Bruins teammate Bergeron had a career high in points last season.

"I think we enjoy being in the offensive zone. We both like to control the puck down low and support each other," Marchand said of playing with Crosby. "He's easy to play with."

The pair combined for six points in the 6-0 opening win over the Czech Republic.

The key to World Cup success is steady improvement through the tournament. Canada's top-line chemistry is what the Canadian coaching staff wants to see continue.

That involves players buying into unfamiliar roles and putting aside the star status they're used to in the NHL. It's something Marchand understands heading into one of the most-anticipated matchups of the tournament, with Team USA badly needing a win.

"I don't think it's our goal," Marchand said of potential knocking Canada's rival out of contention. "We're more concerned about how we play. We both want to win, so we'll see how well each team is prepared to play." TORSTAR NEWS SERVICE

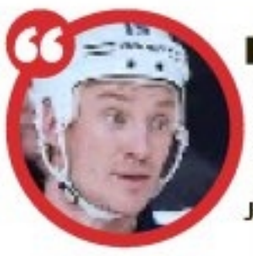
Canada's Brad Marchand pursues the puck against Jakub Nakladal of the Czech Republic on Saturday in Toronto. BRUCE BENNETT/GETTY IMAGES

MONDAY

Leon Draisaitl scored the overtime winner as Team Europe edged the Czech Republic 3-2 on Monday afternoon.

- Europe improved to 2-0 in Group A while the Czechs dropped to 0-2 — all but eliminated from advancing to the semifinals.
- Zdeno Chara and Mats Zuccarello scored in regulation for Europe.
- Jakub Voracek and Martin Hanzal responded for the Czech Republic.
- North America and Russia were to square off Monday night.

THE CANADIAN PRESS



He may have a reputation of getting under your skin, a (pest), but people then look past how good he is.
Jay Bouwmeester on Brad Marchand

IN BRIEF

Bucks sign Greek Freak to reported $100M extension

The Milwaukee Bucks have agreed to a contract extension with Giannis Antetokounmpo, locking up one of the most versatile players in the NBA.

The Bucks announced the deal with the forward on Monday, and two people familiar with the agreement told The Associated Press that it was worth four years and $100 million.

The six-foot-11 Antetokounmpo averaged 16.9 points, 7.7 rebounds and 4.3 assists last season, his third in the league.

THE ASSOCIATED PRESS

Beeston named Blue Jays' honorary president

The Toronto Blue Jays have named former long-time executive Paul Beeston president emeritus.

The team says the appointment is "in honour and recognition of his many years of service and contributions to the organization."

THE CANADIAN PRESS

Royals cling to life in chase for playoff berth

Yordano Ventura picked up his first complete-game victory, Kendrys Morales hit a three-run homer and the Kansas City Royals defeated the Chicago White Sox 8-3 Monday.

The Royals have won three straight, keeping their faint playoff hopes flickering with 12 games remaining.

THE ASSOCIATED PRESS

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Ottawa metro

RECIPE Roasted Chicken and Chickpea Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. . Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

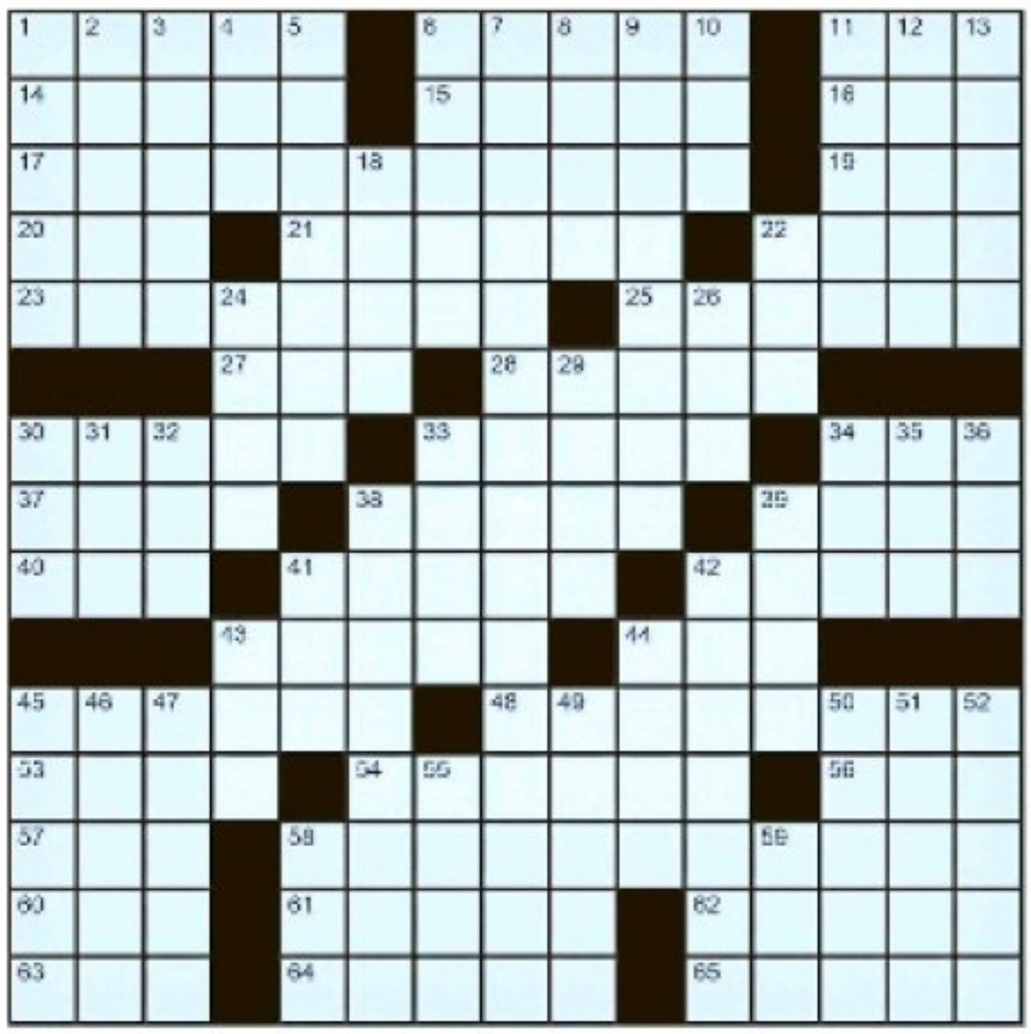
4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canada Post product
6. Resort in Colorado
11. Boat's stern
14. Enthusiastic
15. Castle material
16. Caviar
17. Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
19. Pistol
20. Canuck comic Mr. Green
21. Jagged chain of mountains
22. Li'l offices
23. Without any chairs
25. Chocolate _ (Dessert selection)
27. "Without _" by Harry Nilsson
28. Was optimistic
30. Relieve or calm
33. Bran cereal benefit, States-style
34. Trudeau and Diefenbaker, et al.
37. Sort of water bird
38. Two-footed
39. _-_ (Public event, '60s-style)
40. _-thumper (Vocal supporter of a cause)
41. Singer/songwriter Ms. Chapman
42. Trumpet-playing Muppet
43. Seasoned yogurt dip
44. Blue Rodeo hit
45. Misunderstandingly-made mistakes
48. Marching, as a band
53. Actor Mr. Arkin
54. Meddle: 2 wds.
56. Murmur
57. Rule out
58. Shapeshifting spirit which imparts life lessons in traditional storytelling of Anishinaabe culture
60. Ms. Babilonia of ice
61. "A Passage to _" (1984)
62. Big cats
63. Want _ (Newspaper section)
64. Pretty perennial
65. Think alike

DOWN
1. Religious orders
2. Chevrolet SUV model
3. Kind of lizard
4. Mr. Brooks
5. "Ladies and gentlemen... Elvis _!!!"
6. Beasts of burden
7. James T. Kirk's gig: 2 wds.
8. Rain hard
9. Bivouacked
10. Born, in the social pages
11. 100-eyed giant of ancient Greek mythology
12. 4 4 4 4
13. Uptight
18. Wedding cake's one-of-some
22. "Married... with Children" son
24. Pointing-out word
26. 'Neath's opposite
29. Don't upset the Sergeant
30. Deed
31. Mr. Ferrigno
32. Tennis shot
33. Italian car manufacturer
34. Write
35. Bdwy. musical, with Les
36. _-Cat (Ski resort vehicle)
38. Australia city
39. Bartender on "Cheers", Woody _
41. Kitchen's water source
42. Oats/dried fruit/nuts mixture
43. Bolt
44. Triad
45. _ Ray (Aquatic creature)
46. Odyssey's prequel
47. Graph line, _-_
49. Cornered: 2 wds.
50. Blood of ancient Greek gods
51. Peter of Herman's Hermits
52. Zippo = _ egg
55. Take apart
58. Frostiness
59. Zag's pal

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have

Taurus April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

Gemini May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

Cancer June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

Leo July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

Virgo Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

Libra Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

Sagittarius Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

Capricorn Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

Aquarius Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9	3	8	1	7		
	3						1	
1				2				3
4				6				8
6	7			4	2	5		9
2								1
7								2
	5			9			6	
		6	4	1	5	3		

metro
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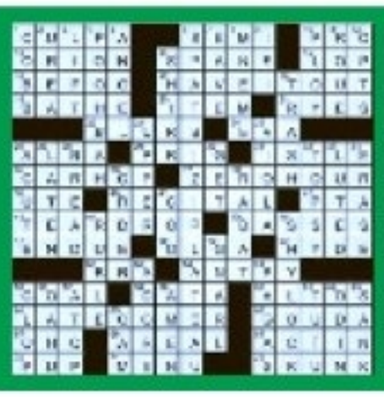
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	1	4	6	2	5	7	3	8
5	6	7	3	8	4	1	9	2
3	2	8	7	9	1	6	4	5
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2	7	9	4	6	3	5	8	1
4	5	1	8	7	2	9	6	3
1	4	2	9	5	8	3	7	6
7	9	5	2	3	6	8	1	4
8	3	6	1	4	7	2	5	9

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	5YR			
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